



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 43479, Alcoholic beverage, rice (sake)

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	78.40	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Energy	kcal	134	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Energy	kJ	561	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Protein	g	0.50	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Total lipid (fat)	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Ash	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Carbohydrate, by difference	g	5.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2006
Sugars, total	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Minerals													
Calcium, Ca	mg	5	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	0.10	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Magnesium, Mg	mg	6	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Phosphorus, P	mg	6	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Potassium, K	mg	25	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Sodium, Na	mg	2	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Zinc, Zn	mg	0.02	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Copper, Cu	mg	0.009	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Selenium, Se	µg	1.4	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Thiamin	mg	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Riboflavin	mg	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Niacin	mg	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Vitamin B-6	mg	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, total	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Folate, food	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Folate, DFE	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Choline, total	mg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2006
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	12/2006
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Vitamin A, IU	IU	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Vitamin E (alpha-tocopherol)	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2003
Lipids													
Fatty acids, total saturated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
8:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
10:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
12:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
14:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
16:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Fatty acids, total monounsaturated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
16:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Fatty acids, total polyunsaturated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
18:2 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:3 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2006
Other													
Alcohol, ethyl	g	16.1	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	10/2001
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	10/2001